



Winchester Country

Published Monthly by the Winchester Country Civic Association

Volume 8, Issue 10

October 2011

OCTOBER

- 4..... National Night Out
..... @ WC Clubhouse
- 13..... Maintenance Board Meeting
- 14-15 Community Garage Sale
- 21-22 Garage Sale Rain Dates
- 24..... Senior's Meeting
..... @ W.C. Clubhouse 6pm
- 30..... Happy Halloween

NOVEMBER

- 10..... Maintenance Board Meeting
- 11..... Veteran's Day
- 21-25 CFISD Holiday
- 24..... Thanksgiving Day
- 28..... Senior's Meeting
..... @ clubhouse 6pm

DECEMBER

- 8..... Maintenance Board Meeting
- 10..... Cookies with Santa
..... @ Clubhouse 1-3pm
- 20-Jan 4th Cy-Fair ISD
..... Christmas Break
- 25..... Christmas Day
- 26..... Senior's Meeting
..... @ Clubhouse 6pm

October OFFICE HOURS

- Monday..... 5:00 – 7:00 PM
- Thursday 10:00 – 2:00 PM

Community GARAGE SALE

**WE WILL BE HAVING OUR COMMUNITY GARAGE SALE ON
FRIDAY, OCTOBER 14TH & SATURDAY OCTOBER 15TH
FROM 8:00 AM – 4:00 PM**

Start preparing now! Clean out your closets and your garages and start to make room for all the new items you can purchase with all that money you will make from selling your “old” stuff. Remember...What is “junk” to you can mean a “treasure” to someone else! Winchester Country will put signs up at the entrances to the subdivision. You will need to make your own sign to put at the end of your street so people can find you. Please do not put signs up in the entrances of the subdivision. Please also remember to take down your sign on Saturday evening after 4pm. *Thanks and Happy Selling!*



Winchester Country SENIORS' CLUB

If you are 55 years old and older we are looking for you. We meet the 4th Monday of every month at the Winchester Country Clubhouse. We meet for snacks and fellowship. We play Dominions: Train and Chicken foot. We also play bingo, cards and other games all while enjoying each others company. We go out to eat and attend plays at the 1960 Playhouse, Houston Family Arts Center on Grant Road. All seniors in Winchester Country are invited to attend. For more information call Joe Sliepka @ 281 469-8351. Thank you and we look forward to seeing you. *Our next meeting date will be as: Monday October 24, 2011*

OTHER SENIOR HAPPENINGS AROUND TOWN:

Cy-Fair AARP Chapter #4543 meets the third Tuesday of every month at 10:00 am at Village on the Park located at 12102 Steepleway Blvd., Houston, Texas 77065.

We gather for coffee, rolls, and fellowship about 9:30 am. We take the precinct 4 bus for trips every month. We have a bus trip scheduled for January 20, 2011 and February 12, 2011. For more information on the AARP group please call Helen Sliepka @ 281 469-8351

Winchester Country

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Community Coordinator

Joanna Abbondandolo 281-890-8856

..... wcmawchcoordinator@winchestercountry.org

Seniors Group Leader..... 281-469-8351

Joe Sliepka

IMPORTANT NUMBERS

HARRIS COUNTY SHERIFF NUMBERS

Emergency or Crime in progress911

WC Deputies..... 713-221-6000

Vacation Watch..... 281-290-2100

Post Office1-800-275-8777

Harris County Flood Control District

Bayou Maintenance 281-684-4000

Harris County Animal Control 281-999-3191

SCS Managementscs-wcma@winchestercountry.org

..... 281-463-1777, Fax 281-463-0050

Advantage Water Mgmt. (Water & Sewer Problems)

MUD 9,10 & 11 281-807-9500

WCA Waste (Wed. & Sat.)..... 281-368-8397

Cy-Fair Volunteer Fire Department Business Office

..... 281-550-6663

CenterPoint Energy (Electric Outages) 713-207-2222

CenterPoint Energy (Gas Service) 713-659-2111

Pool Phone 281-890-9066

Cable/Internet/Phone...COMCAST 713-341-1000

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Winchester Country

Winchester Country Important Dates October 2011

Dear Winchester Residents,

We have included a new item in our newsletter titled "What's going on this month at The Clubhouse?" We will have a monthly calendar that will show the events that are being held at the Winchester Country Clubhouse. These events are subject to change as our newsletter goes to print on the 10th of every month. We will do our very best to keep you informed as to "What's going on at the Clubhouse." If you are interested in booking an event please call the office @ 281 890-8856 and we will be happy to assist you.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	* = CLUBHOUSE BOOKED					1 Clubhouse Booked * day * evening
2 Clubhouse Booked * day	3	4 National Night Out: Scouts Pack 200- 6-9pm * Clubhouse Booked	5 Clubhouse Booked * evening	6	7	8
9 Clubhouse Booked * day	10	11 Clubhouse Booked * evening	12	13 Clubhouse Booked * Maintenance Board Meeting	14 Winchester Country Community Garage Sale	15 Winchester Country Community Garage Sale
16 Clubhouse Booked * evening	17	18 Scouts Pack 200- 6-9pm * Clubhouse Booked	19	20	21	22 Clubhouse Booked * evening
23	24 Senior's Group: 6-9pm* Clubhouse Booked-Anyone over 50 is welcome!	25	26	27	28	29
30	31					



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Winchester Country

Target Heart Rate Range for Cardiovascular Exercise:

DO YOU KNOW YOURS? - By Sarah Jordan, MS

Are you getting the most you can from your cardiovascular exercise program? Determining your target heart-rate range may help you see more results and become more aware of the intensity of exercise that you are completing. I love to empower my clients by educating them on this personalized range. And even more so, I enjoy seeing their faces light up when they tell me about the results they are seeing because of their success in using it.

A few things to remember about calculating target heart-rate range (THRR):

- Always check with your doctor before starting or changing your exercise program. To best determine your fitness level and training zones, seek a fitness assessment from a certified professional personal trainer. Numbers provided here are just estimates.
- **These estimates are for healthy individuals. Remember that**

conditions like pregnancy, health issues, and some medications can affect your heart rate.

- There are times when your mid-exercise heart rate will be below or above your target heart rate range, and that is okay. But use the THRR as a goal to work within most of the time.
- A good estimate of your maximum heart rate is $220 - \text{your age}$.

Calculating your target heart-rate range:

Knowing how to take your pulse and find your heart rate during exercise can help you evaluate the effectiveness of your exercise program. Using the Karvonen formula, we can calculate target heart-rate range (THRR). We do the following to calculate our low and high end of our THRR:

$220 - \text{age} - \text{resting heart rate} \times \text{low end of training zone} + \text{resting heart rate} = \underline{\hspace{2cm}}$

(low end of THRR)

$220 - \text{age} - \text{resting heart rate} \times \text{high end of training zone} + \text{resting heart rate} = \underline{\hspace{2cm}}$

(high end of THRR)

— Step 1 —

Calculate your resting heart rate.

The best time to do this is first thing in the morning before you get out of bed. Take a 60-second count, and write your resting heart rate value down.

— Step 2 —

Determine what training zone you will use based on your current level of fitness.

Estimates provided by www.acefitness.org: Low level of fitness: 45-55%; Fair level of fitness: 55-65%; Good level of fitness: 65-75%; Excellent / elite level of fitness: 75-85%. (These are just examples and can be changed to best fit your current level of

(Continued on Page 5)

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Target Heart Rate....- (Continued from Page 4)
fitness. For the most accurate calculation, get a fitness assessment.)

— Step 3 —

Calculate your target heart-rate range using the Karvonen formula.

— Step 4 —

**Learn how to use this heart-rate range
regularly in your cardiovascular workouts.**

For example: A healthy 30-year old female with a good level of fitness and a resting heart rate of 60 beats per minute and using a training zone of 60-80%:

$$220 - 30 - 60 \times .60 + 60 = 138 \text{ beats per minute}$$

$$220 - 30 - 60 \times .80 + 60 = 164 \text{ beats per minute}$$

**Using this calculation, her target heart-rate
range is 138 – 164 beats per minute.**

So the question is, “Now that I know my target heart-rate range,
how do I actually apply that to my workouts?”

Follow these steps for success:

- Calculate your target heart-rate range and write it down where you can easily find it.
- Find a range that you can remember. For example: For the 30-year old female above, her range is 138-164 beats per minute. That is hard to remember mid-exercise, so she should do this:
 - Determine and remember the range you should find in a

6-second pulse count. (Ex: 13-17 beats in 6-second pulse count, as this would equal 130 – 170 beats in a minute, which aligns with her THRR.) – She takes her pulse (mid-exercise) for 6 seconds, and should get 13-17 beats.

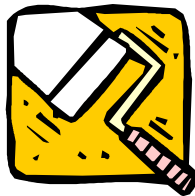
- Practice and learn to take your pulse properly.
Taken from <http://my.clevelandclinic.org/heart/prevention/exercise/pulsethr.aspx>:
 - Place the tips of your index, second and third fingers on the palm side of your other wrist below the base of the thumb. Or, place the tips of your index and second fingers on your lower neck on either side of your windpipe.
 - Press lightly with your fingers until you feel the pulse beneath your fingers. You may need to move your fingers around slightly up or down until you feel the pulsing. If placing fingers on neck, be sure you don't press too hard.
 - Use a watch with a second hand, or look at a clock with a second hand.
- Count your pulse for 6 seconds. Multiply this number by 10 (add a “0”) to get your heart rate (pulse) / beats per minute.
- Give yourself time to get comfortable using this method. It will pay off in the long run!

Everyone wants to find ways to make their fitness routines more efficient. It is my hope that using the target

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ARCHITECTURAL REVIEW APPLICATION

Homeowner request for form: _____
DR Request for form: _____
Returned to homeowner for information: _____
Forwarded to Board for approval: _____
Subdivision: _____
Owner Name: _____
Mailing Address: _____
City: _____ State: _____ Zip: _____
Start Date: _____ End Date: _____
Home Phone: _____
Work Phone: _____
Property Address: _____

**PLEASE CHECK THE IMPROVEMENTS APPLICABLE TO
YOUR REQUEST AND SEE THE REVERSE FOR ADDITIONAL
INFORMATION THAT MAY BE REQUIRED:**

Who will perform work?

- | | |
|--|--------------------------------|
| • Repair Roof | • Replace Roof |
| • Repair and/or install Fence | • Replace mailbox |
| • Repair Exterior Brick | • Paint- Circle Residence/Trim |
| • Spa | • Install Patio |
| • Replace Siding | • Room Addition |
| • Replace Garage Door | • Install Patio Cover |
| • Replace Front Door | • Install Basketball Goal |
| • Landscaping- circle what applies-
planter box, trees plant or remove, permanent flower bed structure | |
| • Add Separate Structure or Building
(Storage, Fort/Jungle Gym, Satellite Dish, Dog House, Flag Pole, etc.) | |
| • Other _____ | |

INSTRUCTIONS

Submit your survey map and then insert any proposed addition (room, outbuilding, fence, etc.). Feel free to enclose photographs, sales literature, catalog pages, etc. Your application will be returned if samples of paint and other materials and the survey map are not attached.

INFORMATION REQUIRED:

1 Exterior Painting- attach 2 copies of your color choice to the bottom of the page. If you are applying for a base paint color with a different color trim, please include two samples of each color.

2 Roofing Materials- Attach a small sample of the shingle to box on reverse side. State type, weight and color of shingles

3 Addition of fence, other structure (greenhouse, fort/jungle gym, satellite dish, etc) – draw location of improvement on survey map and give dimensions including height, length, width and distance from each fence; list construction materials to be used

4 New Construction, Room additions and outbuildings – survey map with location of addition drawn plus elevation and side view: show windows, doors, slope of roof etc. Indicate all construction materials for exterior walls and roof, and submit samples of each.

5 Pool requirements – location and size of pool and approval letters from MUD District and County permit. Submit plat map.

6 Backyard landscaping for Lake Lots must submit survey map and plants to be used.

I request a response as quickly as possible and agree not to begin the project until a response is received. I understand the Committee members are not architects and do not endorse any products or services.

SIGNATURE OF HOMEOWNER _____
DATE _____

**ATTACH TWO SAMPLES OF MATERIALS HERE
BASE COLOR TRIM COLOR**

FOR COMMITTEE USE ONLY

SUBMISSION APPROVED

Thank you for submitting your plans for exterior changes. Your application has been approved for the specified modifications. Any revisions or alterations require re-submission prior to commencement. Approval denotes compliance with the deed restrictions and carries no warranty regarding structural fitness, compliance to building codes, assurances against encroachments, etc. Once work has begun, completion must be within (30) days unless otherwise noted.

Comments: _____

Authorized Association Representative: _____
Date: _____

SUBMISSION DENIED

Your application for exterior changes has been denied, as it does not meet guidelines as presented. Please re-assess and resubmit your plans.

- ____ a. color selection is not approved shade
____ b. height or size limitations are exceeded
____ c. placement on lot appears to violate front set-back lines or side/rear easements
____ d. construction materials are not in accordance with guidelines
____ e. other: _____

Authorized Association Representative: _____
Date: _____

ADDITIONAL INFORMATION REQUIRED

____ Committee requests additional information prior to processing your request.

Comments _____

Authorized Association Representative: _____
Date: _____

RETURN TO

SCS Management Services, Inc.,
7170 Cherry Park Drive, Houston, Texas 77095
Telephone: (281) 463-1777 – Facsimile: (281) 463-0050
E-mail: info@scsmgmt.com

Winchester Country

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HAPPY BELATED SEPTEMBER BIRTHDAY'S

Douglas McGee9/17
Shelby Klentz.....9/13
Alexander Villatoro9/29
Cheryl Austin9/6
Mark Myers9/5
Kuni Philpot.....9/20

HAPPY OCTOBER BIRTHDAY'S

Joe Bowman10/3
Wilmer Ventura10/4
Evelyn Vinaton10/31
Kelcie Philpot10/22

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